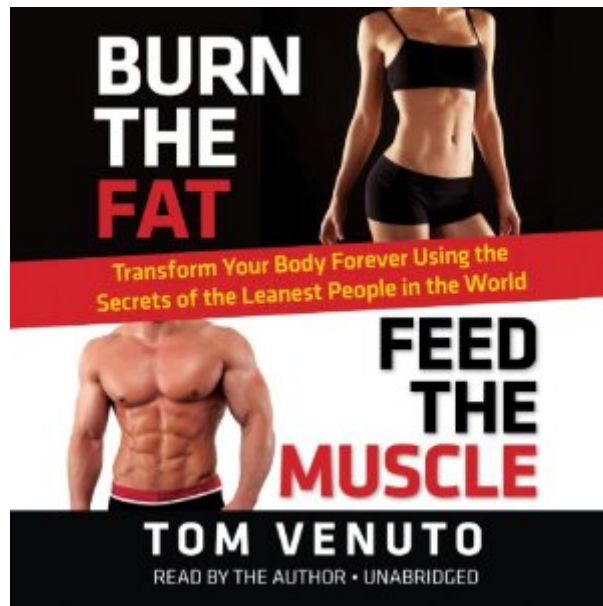


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# **Burn The Fat, Feed The Muscle: Transform Your Body Forever Using The Secrets Of The Leanest People In The World**



## Synopsis

A smart, energizing program to help you shed fat, build muscle, and achieve your ideal body in just 30 days! A huge success as a self-published e-book, *Burn the Fat, Feed the Muscle* is the bible of fat loss that will help anyone to get his or her dream body. Tom Venuto has created a program using the secrets of the world's leanest people, although it's not about getting ripped; it is about maximizing your fat loss through nutrient timing and strategic exercise. This totally revised and 25 percent-new book includes a never-before-shared plan that will make it even easier for everyone to achieve amazing results.

## Book Information

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## Customer Reviews

After reading this I can see why many people refer to it as 'the bible' of fat loss. Indeed, the book is thorough in every department and answered many questions I'd never got round to figuring out for myself. There are however one or two things I'd like to pick at, if I may, which I'll get to in a bit. Firstly, the book is well structured. It's split into four sections; mindset, nutrition, cardio and weight training. Mr Venuto is correct to point out that for anybody to make a body transformation, individuals must first have an important emotional reason to want to do so. By retaining an emotional need, you're more likely to stick with anything, not just a body transformation program. It is the nutrition section that is by far the bulk of this book and goes into such incredible detail as to leave no questions unanswered. I'd often tried the 'protein dripping' approach, eating small amounts of protein at very regular intervals. The book has changed my mindset on this slightly in that I may have been overkilling it somewhat. I'd also been making the cardinal error of, for many years,

training on only oats, instead of oats and protein - No more. If anything, this section is worth the price of the book alone. The cardio and weight sections are also very thorough, although admittedly, for me, I didn't learn a great deal of new stuff here other than a fresh approach and training method which I'll put into practice eventually. One of my major problems with the training regime was that for leg days, it only leaves three days for recovery before the next leg day. I've always required a minimum of four but hopefully, with my new nutrition plan, this will be mitigated somewhat and I understand that this won't be a problem for everybody.

I bought the Burn The Fat, Feed The Muscle ebook in the summer of 2008. I was almost 100 lbs down but still had another 100 to lose and I was struggling. I had seen Tom's book before in my online searches but didn't think it was for me since back then I was a 350+ lb woman and I thought it was a bodybuilder book. But after buying it as soon as I started reading it I realized how much I could have benefited from it had I bought it on day one. Having spent just about my whole life super obese and topping out at 378lbs I had very little knowledge how the body really worked. But through reading BFFM I learned what the muscle in my body really was worth and what fat loss compared to weight loss really meant. I also learned about nutrition in a new way that made so much sense to me, that made it not a diet but something I could live with doing for the rest of my life. With the help of BFFM I went on to lose another 100 lbs. When I found out Tom was coming out with a hard cover of Burn The Fat, Feed The Muscle I just knew I wanted to buy it. Not just for myself but to share with people in my life that had been struggling with their weight for years too. I didn't just buy one copy I bought 7 because I want to share it with many and really have them learn how to change their lives as I have, I believe in it 100%. Hopefully seeing my success they will read it cover to cover like I did and really live it. I won't try to kid anyone, to lose a lot of weight (fat) you have to put in the time and work and it's a life long mission. But BFFM explains how to do it and in a way that is understandable and doable by anyone from the young to the old or the slightly out of shape to the super obese. It really is a livable life long plan, not a diet.

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